

Adult Programs

Open Gym Volleyball *18 and Over*

A program designed for recreational play will be held at the Eli Whitney School Gym. There is no league play during open gym. Pick-up games are arranged amongst the participants. Proof of age and residency is required. Participants must have information form and waiver on file at the gym to participate. Forms may be filled out the first night you attend. There is no volleyball when the school is closed. Please note that if the gym gets over crowded, residents will get first priority to play.

Dates: Wednesdays, October 6 – December 1 *no program on 11/24*

Times: 6:00 – 9:00 PM

Nightly Fee: \$2.00 Residents / \$2.50 Non-Residents

Adult Open Gym Basketball *18 and Over*

The Enfield Recreation Department hosts Open Gym Basketball time for adults 18 and over. Participants must show proof of age and residency to participate in addition to having a program waiver on site where they participate. There is a nightly fee for these programs. There is no basketball when school is closed. Please note that if the gym gets over crowded, residents will get first priority to play.

18 and Over * Please note, no fee is charged for this program.

Day: Monday – Friday, October 4 – December 30
no program on 10/11, 11/11, 11/25, 11/26, 12/24, 12/31

Time: 12:00 - 2:00 PM

Location: Angelo Lamagna Activity Center Gym

25 and Over

Day: Mondays, October 4 – March 14 *no program on 10/11, 12/27, 1/17, 2/21,*

Time: 6:00 - 9:00 PM

Location: JFK Middle School Gym

30 and Over

Day: Wednesdays, October 6 – March 16 *no program on 11/10, 11/24, 12/29,*

Time: 6:00 - 9:00 PM

Location: JFK Middle School Gym

40 and Over

Day: Saturdays, October 2 – December 18 *no program on 11/27*

Time: 9:00 AM - 12:00 PM

Location: Angelo Lamagna Activity Center Gym

Daily Program Fees: \$2.00 Residents / \$2.50 Non-Residents

Zumba! *Ages 18 & Over*

Join us for a Latin inspired cardio group fitness class. Certified ZUMBA instructor Sue Pulver will have you follow her lead with easy to follow dance moves, including Salsa, Meringue, Cumbia, Reggaeton, Calypso and more. The best part is no previous dance experience is necessary. This fun, spicy and rhythmic workout will allow you to advance at your own pace. Expect to sweat, shake, have fun and burn up to 500 calories an hour! Ditch the workout and join the PARTY! Please bring water, wear sneakers or flat dance shoes & wear comfortable clothing.

Dates: Wednesdays, October 6 – December 1, *no class on 11/24* (8 Classes)

Time: 6:45 – 7:45 PM

Fee: \$44.00 Resident / \$55.00 Non-Resident

Location: Hazardville Memorial School Gym

Activity Number: 3605.0314.101

Registration Deadline: October 1, 2010 or when the class is full

Dates: Saturdays, October 9 – December 11 *no class on 10/23 & 11/27*

Time: 9:00 – 10:00 AM

Fee: \$44.00 Resident / \$55.00 Non-Resident

Location: Angelo Lamagna Activity Center Mirrored Room

Activity Number: 3605.0314.102

Registration Deadline: October 1, 2010 or when the class is full

Yoga *Ages 18 & Over*

No matter if you have never taken yoga or you've been practicing for years this class is for you! Release stress and improve personal well being this fall. Yoga will bring balance, breath awareness, stamina, and flexibility to the body and mind. Students will be able to work at their own level, modifying poses as needed. Participants are encouraged to bring a yoga mat to class. Limit 35.

Dates: Tuesdays, October 5 – November 30, *no class on 11/2* (8 Classes)

Time: 6:15 – 7:30 PM

Fee: \$30.00 Resident / 37.50 Non-Resident

Location: H.B. Stowe Elementary School Gym

Activity Number: 3605.0314.103

Registration Deadline: October 1, 2010 or when the class is full.

Recreation...the benefits are endless!

Enfield Recreation Department
19 North Main Street
Enfield, CT 06082

860.253.6420

Please see the Fall Registration Information page for complete registration information including our withdrawal policy. Registration forms can be found on the Recreation Department's homepage under the general information heading.